

EXERCISES FOR LOWER ABS

## C-CURVE

Hold for 60-90 seconds



# ONE-LEGGED MOUNTAIN CLIMBER

10-15 reps on each leg



# HIP TIPS

15-20 reps







# ARMY CRAWL

3-5 forward/back reps



# SIX PACK SCISSOR

12-15 reps on each side





24-30 reps, alternating sides



# BEAR

10-15 reps

